

Rock the Pavement 10K/5K

Saturday, August 20th

<http://www.gregmarzolfjr.org>

<http://www.active.com/minneapolis-mn/running/distance-running-races/rock-the-pavement-2016>



Event Schedule

7:00AM	Check in & Registration
8:15 AM	Kids Run
8:30 AM	10K Run
8:45 AM	5K Run/Walk

THANK YOU!

We are so grateful for all of you sharing your Saturday morning with us to make a difference for individuals with Muscular Dystrophy. This event has been put together to raise awareness and funds to help find a cure for Muscular Dystrophy. Thank you for your participation and support of this cause!

LOOK FOR THE TENTS (Lake Calhoun Executive Center, northwest corner of the Lake)

The Registration Tents will be set up near the Finish Line. You will need to report there to pick up your race bib if you did not pick it up on Friday. You can also pick up your shirt here.

THURSDAY AND FRIDAY PACKET AND SHIRT PICK-UP (**New location for 2016**)

You can pick up your race bib and shirt on Thursday, August 18 from 5:00PM-8:00PM and Friday, August 19th from 11:00AM-7:00PM at Marathon Sports/Fleet Feet Sports located at 2312 W 50th Street, Minneapolis, MN 55410.

10K RUN, 5K RUN/WALK & THE KIDS RUN

The 10K and 5K Run are chip-timed and travel counter-clockwise around the lake on Calhoun Parkway and Lake Street. The Kids Run will be .5 miles and will start close to the 10k start line and run north to the finish line. 5K and 10K race maps are attached.

RUNNING RULES & OTHER COURTESIES

Wheel chairs are welcome. Strollers are permitted (walking and running) as long as you are considerate to others on the course. Rollerblades are not permitted. Non-competitive runners and walkers should line up towards the back of the start to allow room for our competitive racers in the front.

LOCATION & PARKING

3033 Excelsior Blvd, Minneapolis, MN 55416 (Put this address in Google maps). Calhoun Parkway will be closing between 7 -7:15AM. Plan on arriving early. You can also park somewhere in the neighborhoods around the lake.

FOOD & DRINK

Our sponsors have donated some great food. Bottled water will be available in the food tent as you finish your event. There will also be a water station along the course and at the finish line.

SAME DAY REGISTRATIONS

Same Day Registration is open from 7:00AM to 8:45AM. The 10K event is \$50 and the 5K is \$45. Kids Run remains \$15. (Cash, Visa/MC/AMEX/Discover accepted). Shirts are available on a first come basis as supplies last.

MINNESOTA MUSIC, MASCOTS!

Be sure to listen for the Minnesota artist music along the race course. Check out our sponsor booths around the Start/Finish line. All race participants receive a T-shirt, can meet local celebrity mascots, and get runner drink specials at Famous Dave's in Calhoun Square.

FAMOUS DAVE'S POST RACE SPECIALS!

After the race stop by Famous Dave's in Uptown from 10:30am-12:30pm to hear music and take advantage of some great drink specials! The first 200 racers to arrive will receive a FREE FULTON BEER! Famous Dave's will also offer \$3 Bloody Marys, \$3 Screwdrivers, \$3 Mimosas when you show your race bib.